

Taste of Latin America

Arroz con Habichuelas

Note: I will do step 1 before class

Ingredients:

- 1 bag of jasmine rice
- 1 can of habichuelas rosadas (pink beans)
- 3 spoonfuls of tomato sauce
- 3 spoonfuls of red onions, cut into small pieces
- 2 spoonfuls of sofrito
- 2 packets of sazón
- 1 spoonful of garlic powder
- 1 spoonful of cumin
- 1/2 spoonful of oregano
- Salt
- Peri peri sauce (optional)



Instructions:

1. Put the jasmine rice in the bowl and rinse it with warm water. Cut the red onions into very small pieces.
2. Add the tomato sauce, red onions, sofrito, sazón, garlic powder, cumin, oregano, salt, and habichuelas rosadas to a pot. Mix everything in the pot together.
3. Add 2 ½ cups of water to the pot and turn on the stove to medium heat.
4. Once the habichuelas rosadas start to boil, add the rinsed jasmine rice.
5. Once the rice has been added, cook it for about 15-20 minutes. If the rice does not soften, add more water to the pot.
6. Once the rice and beans have been cooked, add peri peri sauce to it if you want to.
 - a. Author's Note: I like to do this because it adds flavor, however, it is ***not*** traditional. Another untraditional thing I like to do is to fry small pieces of Dominican salami and add it to the rice and beans.

Pollo Guisado

Note: Steps 1, 5, and 6 will be done before class, I recommend doing the same, but it is possible to do during class time

Ingredients:

- 1 pound of chicken thighs
- 2 potatoes
- Salt
- Pepper
- 2 tomatoes
- 1/2 carrot
- 1 teaspoon oregano
- 4 spoonfuls of oil
- 1/2 onion
- 1 clove of garlic
- 1 bunch of cilantro
- 1 cup of water
- 1/2 green pepper

Instructions:

1. Clean chicken, then add salt and pepper
2. In a pan, add 2 spoonfuls of oil and heat
3. Place the chicken onto the hot pan for 3 minutes on each side
4. In another pan, add two spoonfuls of oil and heat
5. Add diced tomatoes, onions, and green peppers into the 2nd pan and heat for 5 minutes
6. Let tomatoes, onions, and green peppers cool for about 2 minutes and add to a blender with the water, oregano, salt, and pepper; blend
7. Add ingredients from the blender into pan with chicken
8. Chop up potatoes and carrots and add to the pan with chicken
9. Let sit for around 15 minutes; use a fork to check when potatoes are done (until easily pierced by a fork)

